NONFICTION ANALYSIS

PRACTICE ARTICLE

Study: 1 in 3 Kids Get Badly Injured While Playing Sports

By [Lylah M. Alphonse, Senior Editor, Yahoo! Shine](http://shine.yahoo.com/blogs/author/lylah-m-alphonse-senior-editor-yahoo-shine-ycn-1137221/) | [Team Mom](http://shine.yahoo.com/blogs/team-mom/) – Wed, Apr 25, 2012 5:42 PM EDT

A new study released this week shows that about 1 in 3 [kids who play sports](http://shine.yahoo.com/team-mom/" \t "_blank) get [hurt badly enough](http://shine.yahoo.com/team-mom/5-tips-to-help-prevent-youth-sports-injuries--ca-.html) to need [medical attention](http://shine.yahoo.com/team-mom/danger-playground-riding-slide-toddler-lap-could-break-183100453.html" \t "_blank).   
  
The study, commissioned by [Safe Kids Worldwide and Johnson & Johnson](http://www.safekids.org/our-work/news-press/press-releases/new-research-reveals-one.html), analyzed data from 516 children ages 8 to 18, 750 parents, and 752 coaches. Among the injuries sustained by these young athletes: concussions, broken bones, dehydration, and more.

But what's truly frightening are the misconceptions that many parents and coaches have about when a child is too hurt to continue playing. In spite of the fact that catastrophic head injuries and concussions are on the rise around the country, more than half of coaches surveyed said that a certain amount of head contact -- described in the survey as "getting your bell rung" or "seeing stars" -- was acceptable during games and practices.   
  
"The concussion issue is a really big one," Kate Carr, President and CEO of Safe Kids Worldwide, [told Web MD.](http://www.ajc.com/health/survey-1-in-3-1425635.html" \t "_blank) "The mantra should be "when in doubt, take them out."   
  
"Parents need to talk to their children," Kevin Guskiewicz, the founding director of the Matthew Gfeller Sport-Related Traumatic Brain Injury Research Center at the University of North Carolina at Chapel Hill told [Yahoo! Shine.](http://shine.yahoo.com/" \t "_blank) "We need to emphasize the importance of understanding the signs and symptoms of concussion."

The survey also found that 30 percent of kids think that good athletes get back in the game even when they're hurt -- a situation that former lacrosse player and [Advocates for Injured Athletes](http://www.injuredathletes.org/) co-founder Tommy Mallon knows can result in death.

Mallon broke his neck when he collided with another player in high school. "I went down, and I was like 'Let's get up, let's keep going'," [he told Yahoo! Shine](http://shine.yahoo.com/team-mom/advocates-injured-athletes-aims-arm-student-athletes-life-031200089.html) in an interview. "If I had gotten up, I probably would have died or been a quadriplegic."

Heat illness is another health hazard many student athletes face, and the fact that approximately 40 percent of parents underestimate how much water kids need during games and practices can be a problem. A water break at half-time just isn't enough; in order to keep dehydration at bay, kids need to drink fluids every 15 to 20 minutes during intense physical activity.   
  
Most parents -- nine out of 10, in fact -- also underestimate how much time off their student athletes need in order to avoid repetitive stress injuries, over training, and burnout. According to the American Academy of Pediatrics and the American Orthopaedic Society for Sports Medicine, the Safe Kids study points out, kids need two or three consecutive months (about a typical high school sports season) away from each sport each year, and should also spent at least one day each week not engaging in any type of organized sport activity.   
  
"The research findings are particularly alarming because experts tell us more than half of these injuries are preventable," Carr said. "There is a gap between what we as coaches and parents can do to keep our kids safe and what we're actually doing. With some simple precautions, we can change these troubling statistics and keep our kids healthy and enjoying the benefits of sports."   
  
"Culturally, there's an attitude that injuries are a natural consequence of sports and that good athletes tough it out when they suffer an injury. But that attitude is hurting our kids," said Carr.

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# English 3 APPL

NONFICTION ANALYSIS

**PART 1: TALKING TO THE TEXT:**

As you read the article below, Talk to the Text. Remember, you want to paraphrase, summarize, and clarify main points and relevant supporting examples as you read. You may also want to circle words you don’t know or write down questions you have.

**PART 2 - ANALYSIS:** Follow the reading process we discussed in class by filling out the following information about the article read.

1. **Organizational Structure – 2 pts.**  (*How is the text set-up: Chronological, Sequential, Compare/Contrast, Cause/Effect, Problem/Solution, Description/Topical? Explain*)
2. **Main Idea/Conclusion – 2 pts.** *(What was the author’s main point/argument? Can any conclusions be made from the article from what the author said? )*

* Main Idea:
* Conclusion:

1. **Author’s Purpose – 1 pt.**  *(Why did the author write this when all is said and done? Was it to Entertain, inform, describe, narrate, persuade, teach, warn, etc.)*
2. **Author’s Tone** - **1 pt.**  *(What was the author’s feeling about the text? You can infer what his/her attitude is by examining the choice of words used in the text to get the point across. Explain.)*
3. **Argument Techniques**  **- 4 pts.** *(What techniques were used to give you the information - statistics, logic, expert opinions/authorities, or emotional appeal? More than one could have been used. Give an example from the text as proof for each technique.)*
4. **OPEN-ENDED RESPONSE:**  Choose ONE of the following open-ended responses to write about.
   1. Analyze how the author constructs the argument in the passage. Use examples from the passage to support your answer.
   2. Explain what the author’s purpose is for writing this passage. Use information from the passage to explain your answer.

**PART 2 - ANALYSIS:** Follow the reading process we discussed in class by filling out the following information about the article read.

**Organizational Structure** (*How is the text set-up: Chronological, Sequential, Compare/Contrast, Cause/Effect, Problem/Solution, Description/Topical? Explain*)

Problem/Solution – injuries/education & rest

Cause/Effect – too much sports/injuries

**Main Idea/Conclusion** *(What was the author’s main point/argument? Can any conclusions be made from the article from what the author said? )*

Too many kids are getting seriously injured playing sports because parents, kids, and coaches aren’t educated in prevention or don’t care.

* + - * “Good” athletes are encouraged to “play through” injuries,
      * coaches don’t sit kids with symptoms of concussions,
      * parents don’t know how much rest/water is important.

**Conclusion** – educated and let kids rest!

**Author’s Purpose**  *(Why did the author write this when all is said and done? Was it to Entertain, inform, describe, narrate, persuade, teach, warn, etc.)*

Inform/warn about preventable injuries to help keep kids safe

**Author’s Tone** *(What was the author’s feeling about the text? You can infer what his/her attitude is by examining the choice of words used in the text to get the point across. Explain.)*

Serious/concerned – this is all preventable… constantly uses words like safety, injuries, “simple precautions”

**Argument Techniques** *(What techniques were used to give you the information - statistics, logic, expert opinions/authorities, or emotional appeal? More than one could have been used. Give an example from the text as proof for each technique.*

* **Logic**: if parents/coaches look for it, it is all preventable
* **Expert Opinion**:
  + - Safe Kids Worldwide, Johnson & Johnson – did survey
    - Kevin Guskiewicz – founder of Sport Related Brain Injury Research
    - Tommy Mallon – athlete injured & founder of Advocates for Injured Athletes
    - American Academy of Pediatrics
    - American Orthopedic Society of Sports Medicine
* **Stats**:
  + - 1/3 kids badly injured playing sports
    - ½ coaches think head contact acceptable
    - 30% kids think good athletes play through injuries
    - 40% parents don’t know how much water kids need
    - 9/10 parents underestimate how much time off kids need
* **Emotion**: ?